

HHS Dance Department

Year 7 Dance – 5 Basic Body Actions

	Knowledge, Skills, Understanding
Higher	<p>Perform Can demonstrate their knowledge and understanding of warm up with excellent participation during warm up activities, this can also be seen in independent warm ups and their ability to lead others. Can perform the set sequence demonstrating excellent accuracy of action, timing, direction, focus, extension and energy. The performance has flair.</p> <p>Choreograph Can make inventive creative decisions in choreographing sophisticated 5 basic body actions movement content. Can show a sophisticated variety of choreographic decisions in terms of space, timing and devices (including some advanced devices) to improve the overall piece.</p> <p>Evaluate Can give detailed reasons and explanations for the importance of warming the body up to enhance performance and ensure safety in dance. Can identify and describe a sophisticated range of the choreographic devices when observing others work. Can give insightful comments/feedback on the success of my own and others work to improve quality and performance.</p>
Intermediate	<p>Perform Can demonstrate their knowledge and understanding of warm up with effective participation during warm up activities, this can also be seen in independent warm ups. Can perform the set sequence demonstrating correct accuracy action, timing, direction, focus, extension and energy.</p> <p>Choreograph Can make creative choreographic decisions in choreographing varied 5 basic body actions movement content. Can show a creative variety of choreographic decisions in terms of space, timing and devices to improve the overall piece.</p> <p>Evaluate Can give varied reasons for the importance of warming the body up to enhance performance and ensure safety in dance. Can identify and describe a selected range of the choreographic devices when observing others work. Can give considered comments/feedback on the success of my own and others work to improve quality and performance.</p>
Foundation	<p>Perform Can demonstrate their knowledge and understanding of warm up in their participation during warm up activities (teacher led only). Can perform the set sequence with some accuracy of action, timing, space, focus, extension and energy.</p> <p>Choreograph Can make simple choreographic decisions in choreographing 5 basic body action movement content. Can show some simple choreographic decisions in terms of space, timing and simple devices to improve the overall piece.</p> <p>Evaluate Can give basic reasons for the importance of warming the body up to enhance performance and ensure safety in dance. Can identify and describe some of the basic choreographic devices when observing others work. Can give simplistic comments/feedback on the success of my own and others work to improve quality and performance.</p>